



# HEAD INJURY PROTOCOL

The Club adheres to the BC Soccer Association's *Return to Play Policy for concussions* which includes the following return to play protocol:

A typical RTP process will be made up of 6 steps. There must be a minimum of 24 hours before each step is assessed although this could be considerably longer than 24 hours. Oversight should be provided by a medical professional. A signed Injury Return to Play form will be required before an athlete may return to play.

**Step One:** No activity, complete rest. Once the athlete is asymptomatic, they proceed to level two. The athlete spends, at the minimum, one day at each stage.

**Step Two:** Light aerobic exercise such as walking or stationary cycling, no resistance training. Performing step two without symptoms allows the athlete to proceed to level three. If symptoms return, the athlete moves back on stage then continues.

**Step Three:** Sport specific training (e.g. skating in hockey, running in football), progressive addition of resistance training at steps three or four. Performing step three without symptoms allows the athlete to proceed to level four.

**Step Four:** Non-contact training drills. Performing step four without symptoms allows the athlete to proceed to level five.

**Step Five:** Full contact training after medical clearance. Performing step five without symptoms allows the athlete to proceed to level six.

**Step Six:** Game Play

*This information does not constitute medical advice and is provided for reference only. Any reliance upon or use of this information from this website is at your own risk.*

STEP 1: NO ACTIVITY,  
COMPLETE REST

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STEP 2: LIGHT AEROBIC  
EXERCISE

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STEP 3: SPORT SPECIFIC  
TRAINING

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STEP 4;  
NON-CONTACT TRAINING  
DRILLS

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STEP 5: FULL CONTACT  
TRAINING

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STEP 6: GAME PLAY

